

## Urbana 50+ Community Center

Offering fitness, enrichment & social opportunities for ages 50+

[UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov) • 301-600-7020

[www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices) Facebook: [Urbana Senior Center – Frederick County, MD](#)

# November Program Highlights

### Lunch with Nurse Steve:

#### **“Why do my fingernails look so different?”**

Nurse Steve’s talk will be “a discussion on changes to our finger and toe nails that reflect changes to our overall health.”

**Date:** Thursday, November 14

Sign-up by Wednesday, Nov. 6

**Time:** 11:45 a.m. **Cost:** \$5.00 (regular cost)

*Nurse Steve’s talk at 12:15 p.m. is free.*

### **The Inside Scoop: Managing COPD**

Learn ways you can help manage your chronic obstructive pulmonary disease (COPD). This chronic inflammatory lung disease causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production, and wheezing. **Presenter:** Jay Berger, PT, CDP

**Date:** Tuesday, November 19

**Time:** 6:00 p.m. **Cost:** Free

*Optional Fried Chicken Supper, 5:15 p.m.*

*\$5.00 person, reservations required*

### **Fueling the Mind**

Ever wonder what foods support a healthy brain? There are plenty of delicious options to add to your plate each day! Learn the latest research on the essential foods for Alzheimer’s and dementia prevention.

**Presenter:** Thu, a nutritionist with Giant

**Date:** Wednesday, November 6

**Time:** 11:30 a.m. **Cost:** Free

### **Virtual Reality**

Where have you always dreamed of visiting? Explore new places while using Google Expeditions virtual reality headsets. This is a joint program with the library.

**Date:** Wednesday, November 20

**Time:** 1:30 p.m. **Cost:** Free

### **Tasty Tuesday: Celebrating Good Food**

#### **Preserving Your Harvest/Bulk Purchases**

Do you have questions on freezing fruits and vegetables? Don Ludke, Master Gardener, explains how he maintains three full freezers!

**Date:** Tuesday, November 12

**Time:** 6:00 p.m. **Cost:** Free

### **Fresh Conversations: Heart Disease**

Fresh Conversations is a nutrition information program designed to support healthy aging and independence. Registration required.

**Date:** Thursday, November 13

**Time:** 1:00 p.m. **Cost:** Free

### **Falls Prevention**

Learn tips on preventing falls and walking with more confidence. **Presenter:** Jay Berger, PT, CPD, Rehab Smarter©

**Date:** Thursday, November 7

**Time:** 11:15 a.m. **Cost:** Free

### **More Trains Around North America DVD**

Travel along on several iconic rail journeys, including The Potomac Eagle Scenic Railroad and the Blue Ridge Scenic Railway.

**Date:** Tuesday, November 5

**Time:** 1:00 p.m. **Cost:** Free

### **Thanksgiving Luncheon**

Celebrate Thanksgiving with lunch and activities at the senior center.

**Date:** Tuesday, November 26

Sign-up by Monday, November 18

**Time:** 11:45 a.m. **Cost:** \$5.00 (regular cost)

### **MAP: Chat with Joy: Habitat for Humanity**

Maryland Access Point (MAP) provides information and assistance to area residents.

**Date:** Wednesday, November 13

**Time:** 11:30 a.m. **Cost:** Free

(see other side for calendar of activities)